

July

Monday	Tuesday	Wednesday	Thursday	Friday
Travel Day!! 3 Destination: Pennsylvania Dutch Country 1c. Ham Pot Pie 1/2c Green Beans Dinner Roll w/ apple butter Fresh Melon Milk 	Happy 4th of July! 4 	5 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit Milk	6 Roasted Pork 1/2c Whipped Potatoes 1/2c Sauerkraut 1 Wheat Bread Cookie Chocolate Milk	7 Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Mandarin Oranges Milk
10 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread 1/2c Pudding Milk	11 1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Bread 1/2c Applesauce Milk	12 Grilled Chicken Alfredo over 1/2c. Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp Milk	13 Pulled Pork Sand. 1c. Broccoli Soup w/ crackers Wheat Bun Seasonal Fresh Fruit Chocolate Milk	14 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple Milk
17 Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit Milk	18 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c. Italian Wedding Soup 1 Dinner Roll 1/2c Gelatin Milk	19 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit Milk 	20 Carnival Day!! Hot Ham & cheese Pretzel Sand. Fresh Apple w/ caramel Coleslaw Pretzel Roll Animal Crackers Chocolate Milk	21 Chicken & Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits Seasonal Fresh Fruit Milk
24 Christmas in July!! Roast Beef w/ Gravy 1/2c. Mashed Potatoes 1/2c. Glazed Carrots 1/2c. Stuffing Gingerbread w/ topping Milk 	25 Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 2 White Bread Fresh Orange Milk	26 Honey Mustard Glazed pork Loin 1/2c. Buttered Pasta 1/2c. California Blend Wheat Bread 1/2c . Pineapple Milk	27 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Chocolate Milk	28 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Cracker 1 Hamburger Roll Seasonal Fresh Fruit Milk
31 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread Cookie Milk 	<p>Lunches are available on days when facilities are open to the public. Please contact your local senior center for a schedule. Menus are subject to change. Meals must be preregistered by 12 p.m. the day before. Monday meals must be preregistered by 12 p.m. on Friday.</p> 			